



# Turmeric



Turmeric is a warm, yellow, earthy, slightly bitter spice used in cooking and healing. It's one of Ayurveda's top superpower herbs and has been used for over 4000 years, to create optimal health. Turmeric is a relative of ginger and gives curry and mustard their distinct yellow color. It balances all three doshas and it is anti-inflammatory, anti-fungal, anti-bacterial and used to protect against Alzheimers, cancer and heart disease! You can add this super-herb to salad dressings, smoothies, eggs, lentils and other veggies. I take a daily supplement as well as adding into my diet.

## Here are 5 great reasons to eat more Turmeric!

### Reduce Inflammation

Turmeric is a potent anti-inflammatory agent that helps to decrease muscle soreness, relieve arthritis, alleviate pain, and fight inflammatory diseases such as cancer and heart disease.

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Turmeric helps to prevent gas, reduce acid reflux and has been shown in studies to promote healing of more serious digestive problems such as inflammatory bowel disease, IBS and Crohn's disease.

### Improves Digestion

### Supports Cleansing

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Curcumin (turmeric's powerful active agent) stimulates production of bile which the liver uses to eliminate toxins and rejuvenates cells that breakdown from exposure to harmful chemicals. Turmeric's ability to support the liver while cleansing the lymphatic system makes it an ideal herb for gentle detoxing.

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Research shows that turmeric helps to stabilize blood sugar naturally. Studies revealed diabetics who took turmeric dramatically lowered their glucose level and insulin resistance.

### Stabilize Blood Sugar

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### Heals Wounds, Bites & Fights Bugs

Turmeric is antibiotic, anti-fungal and antiseptic all of which make it a powerful healing agent. It can help fight bacterial infections and heal wounds, reduce itchy, swollen, painful bites and laboratory studies also suggest that it may reduce the destructive activity of parasites and roundworms.